

Cancer Society's Study Of Cigarette Smoking Warns Of Heart Disease Risks

By ALTON L. BLAKESLEE
AP Science Reporter

NEW YORK (AP)—One of the most sensational reports of danger in cigarette smoking came last June with announcement of findings in the American Cancer Society's big statistical study.

Oddly, many people apparently missed one of its most significant findings—its evidence that cigarette smoking stepped up the risk of heart attacks. This aspect, new to most people, could have been overlooked in concern over cancer.

In main essence, this study found:

Men, aged 50 to 70, who smoke a pack of cigarettes or more daily run about twice the risk of heart disease and cancer as nonsmokers. Smokers run more risk not only of lung cancer, but other forms of cancer. Heavy cigarette smoking might cut an average of seven years from the life span.

This study, headed by Doctors E. Cuyler Hammond and Daniel Horn, attracted attention because it was based upon interviews with some 180,000 men about their smoking habits, then checks to learn what they died of later.

Said Dr. Hammond, who switched from chain-smoking cigarettes to a pipe:

The effect found on the heart is much more important than the effect found in lung cancer, because heart disease is so much more frequently a killer than lung cancer.

Again, there are many medical men who do not agree with Hammond that cigarettes play any great role in contributing to heart attacks.

It has long been known that smoking can make tiny blood vessels narrow down, kick up pulse rate and blood pressure. Nicotine is usually blamed for this.

In some diseases, particularly Buerger's disease—a plugging of blood vessels in the extremities—smoking is banned as a measure to save life or avoid amputations.

Publication of the Hammond-Horn results sent tobacco stocks tumbling. But they recovered just as they had from previous drops caused by research reports.

Apparently the announcements of cigarette-danger studies have not had a great effect on consumption down to some degree, and have been an impetus for greater sales of filter cigarettes.

They have persuaded some people to stop smoking, at least temporarily. A number have switched to cigars or pipes, since the cancer society study has so far at least found little risk in them.

On the other hand, a few surveys or observations do not find

pipes and cigars as free of indicated hazard as the cancer society study does.

Clearly, one effect is that most Americans are aware of the questioning over cigarettes. New bits of news, pro or con, are coming regularly.

A month ago, the Public Health Cancer Assn., a small organization of cancer specialists in public health responsibilities, by a 13-3 vote adopted a resolution advising the public to stop smoking as a way to reduce lung cancer deaths, and suggesting that youths ponder whether the risks in smoking were worth the pleasure.

Some authorities now term cigarettes "a major factor in causing" lung cancer. The New England Journal of Medicine has said editorially that the evidence amounts to "proof within the ordinary meaning of the word."

But other authorities—physicians and scientists—say a link is by no means proved.

The American Medical Assn. has not yet made any editorial pronouncement, nor has its House of Delegates passed any resolution. Life insurance companies have not raised their rates for smokers.

It would be simple to build a seemingly convincing case by taking just the findings by various qualified investigators, or experienced men who have had something to say which could be interpreted as pro or con.

For example, one American statistician has figured that men who are now 40 or older and smoke heavily have 5 to 15 times more chance of getting lung cancer by age 80 than nonsmokers. But an English statistician wonders why the British cancer death rate is apparently double that of the United States, although he says the British smoke 30 per cent fewer cigarettes per capita than Americans.

To what they have heard or learned so far, many American smokers respond with a shrug. Some don't believe the accusative evidence. Others apparently feel that if there is a risk, well, there is a risk in everything, even crossing the street, and the risk is well worth the candle because of their enjoyment from smoking.

Others say they think they should stop smoking, and some wonder how best to do it?

On this score, a New York psychiatrist, Dr. Howard N. Cooper, can offer some tips.

1. If you tell yourself that "tomorrow" you will stop smoking, you'll find tomorrow rarely comes.

2. If you quit until some future date, like Jan. 1, you'll probably find that the desire to smoke flares up on that very day, regardless of how well you had been doing until then.

3. If you just cut down, you'll probably think about cigarettes far more, and this usually leads to smoking as much as ever.

4. If you really want to quit, quit forever and completely. Or quit completely "just for today," but do the same thing tomorrow, which is again a "today." You build up an investment, like an alcoholic who is just not drinking today, and enough todays can add up to years of a lifetime.

Smoking, he says, is a habit not an addiction, and it involves psychological satisfactions far more than physical satisfactions. People smoke partly because they feel some emotional need for reassurance.

The greater a persons tensions in life or competition are, the less chance he has of stopping smoking, Dr. Cooper says. Judicious use of crutches can help—like pipes or chewing gum or candy or more attention to and enjoyment of meals—but there can be hazards in them too.

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Harvest Heavy Despite Drought

WASHINGTON (AP)—Despite heavy drought damage in some areas, this year's harvest is estimated to be within 3 per cent of the large 1953 yields.

Reporting this yesterday, the Agriculture Department said crop prospects increased about 1 per cent in October, indicating a total harvest nearly equal to the 1947-49 average.

Besides the drought, a drop in production was held down somewhat by government controls on planting of such crops as wheat, cotton and corn.

Looking ahead, the department said the outlook for next year's crops of wheat and other fall-sown grains is generally good.

TALKS—The Philippines Wednesday agreed to open preliminary talks with Japan on resumption of formal reparations negotiations.

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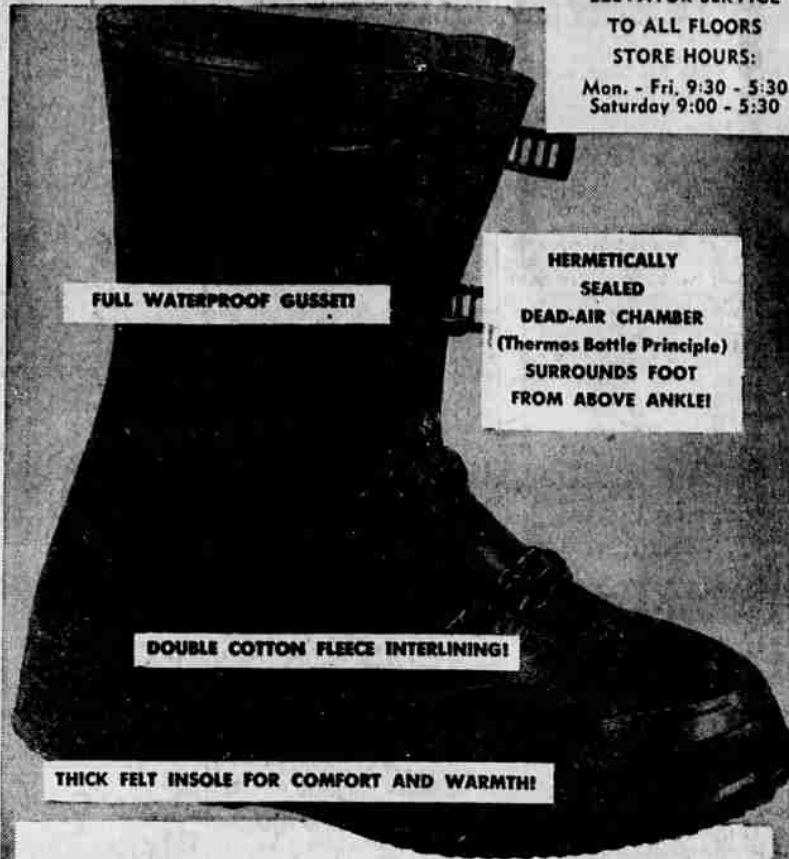
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